



A ROCK BALDWIN FINDS HIMSELF AT A CROSSROADS



LONDON

metro

®

Thursday, May 19, 2011
www.metronews.ca



News worth sharing.

eHealth bonuses an 'abuse': Opposition

► Grits under attack for merit pay, bonuses given to bureaucrats ► Charge comes after the agency spent \$1B trying to develop electronic health records but had little to show for it

The Liberal government should rescind bonuses and merit pay given to hundreds of bureaucrats at scandal-plagued eHealth Ontario, the province's opposition parties demanded yesterday.

The electronic-health-records agency is giving staff 1.9 per cent merit raises and bonuses of 7.8 per cent, despite the government's two-year wage freeze for about one million public-sector workers.

"How can Premier (Dalton)

Review

► Health Minister Deb Matthews said she was "disappointed" to hear eHealth was giving out bonuses.

McGuinty justify handing out merit pay and bonuses of up to 10 per cent to the bureaucrats who brought us the billion-dollar eHealth boondoggle?" said Con-

► "I spoke to the chair and the CEO of eHealth Ontario this morning and I asked them to review the decision in the context of our legislation and get back to me as quickly as possible," Matthews said.

servative Leader Tim Hudak. Allowing eHealth to give out bonuses is just wrong, said Hudak. "What planet do you call home now, that you think this makes any

kind of sense whatsoever," he asked. "This is an extraordinary abuse of tax dollars."

The New Democrats also lashed out at the Liberals for freezing the wages of front-line health-care workers, like nurses, while giving eHealth bureaucrats big raises.

"I guess the idea is everybody's supposed to be frozen, just some people are more frozen than others in this scheme," said NDP Leader Andrea Horwath. **THE CANADIAN PRESS**



Broadcast. Yourself

Brainstorming Afghanistan

A 20-minute video tells of the benefits of a new \$600,000 school built in Jalalabad, Afghanistan, for 4,000 students and how teens can get involved to do good in other countries. Story, page 3.

HOMICIDE

Woman found dead in south-end townhouse

London police are investigating their second homicide of the year after the body of a female was removed from a southeast London townhouse yesterday.

Police received a 911 call to 64 Adwoods Rd. around noon to assist an ambulance, which had been called to the residence. Inside, they discovered the deceased body of a female.

"Inside, we found a deceased female, and there was also a male in the residence at the same time," London police Const. Dennis Rivest told AM980. "That male has been arrested for murder."

Names of the victim and the accused have not been released, but police say they were known to each other.

Residents say a husband, wife and three children lived at the townhouse unit.

A heavy police presence was on scene with around a dozen police cruisers, along with the mobile command unit and a forensics van.

London's first homicide of 2011 occurred in late April when Constance Fuhrmann, 43, was found dead in her apartment on Kipps Lane.

Her estranged husband, Kenneth Fuhrmann, 47, was found on the grass outside the building, suffering from life-threatening injuries.

He was later pronounced dead.

AM980/AM980.CA



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Teddy bears tag along with OPP to care for kids

Provincial police cruisers across Ontario are getting some new equipment — teddy bears.

Cruisers will carry plush black and white teddy bears for officers to hand out to children who have experienced trauma.

Police say situations such as car crashes, personal injuries, domestic violence and abuse have a profound effect on children.

It's hoped the new Community Bear can help ease the pain and trauma those kids experience.

The provincewide Community Bear program was launched yesterday as part of Ontario Police Week.

THE CANADIAN PRESS



Ride for Dad

On May 29, more than 300 motorcyclists will depart from the Western Fair parking lot at the corner of King and Ontario streets for the Motorcycle Ride for Dad. This fundraising event supports prostate cancer research. Registration is from 8 a.m. to 10 a.m., with the ride leaving for a parade along Dundas Street at 10 a.m. The ride winds its way through the county with a final stop at Boler Mountain for a meal and prizes. **METRO**

Sunny. Inside



► Katie Creighton of Doris Family Produce at the Covent Garden Market rearranges some fresh, ripe tomatoes yesterday afternoon.

KYLE REA/METRO

At least the fresh tomatoes are bright

Thanks to overcast and drizzly conditions yesterday afternoon, it was once again an inside day for many. And if Environment Canada's forecast holds up, the only day with sun this week will be Saturday.

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news



Lars Von Trier's guide to Cannes publicity: Nazi quips and musing about Kirsten Dunst in porn. Scan code for the story.

Teens reach kids far and near

► Project to mark 100th anniversary of Rotary Club includes building school in Afghanistan ► Educational video features London students



KYLE
REA
@METRONEWS.CA

It started as a request by a friend to be part of an after-class video, getting their opinions on Afghanistan and urging others to get involved internationally.

Now, comments from seven students at Central Secondary School in London form a key part of a 20-minute DVD video to be shown at more than 200 high schools across the country by the Rotary Club of Canada.

As part of a Rotary project to build a \$600,000

"It's great because they can relate to their peers in another country."

DIANE TWYNSTRA, CO-ORDINATOR

school in Jalalabad, Afghanistan, a video was produced to show at schools nationwide, educating students on what's going on in Afghanistan and ways they can help.

Recruited by a friend earlier this year, they gathered unprepared for an after-school video shoot. On Tuesday and yesterday, they got a chance to view the video for the first time. It depicts their com-

ments, as well as footage shot in Afghanistan of the school, its construction and the difference it will make for Afghans.

"It feels really good to be part of something like this and to know we're making a difference," said Jillian Lapadat, 17. "It's a really great project."

"The video takes it to a whole other level about how thankful the kids are."

Heather Roberts, 17, who recruited her friends for the video, said by showing the video, students will be encouraged to get involved in what's going on in the world.

School project

- Rotary built a Grade 1-12 school for 4,000 students in Jalalabad, Afghanistan.
- Students had been sitting on the ground outside for classes, and would often get sick.
- The school opened its doors in September.
- According to Rotary, 10 years ago only 700,000 boys, and no girls, attended school in Afghanistan. Now that number is four million boys and two million girls.

Honouring music man

Organizers of the Jack Richardson Music Awards are honoured that Jack Richardson's family has requested that individuals make donations to the JR-MAs in his memory. At this time, only cheques are accepted. Please send them to: JRMA c/o Fanshawe Student Union, Room SC 2001, 1001 Fanshawe College Blvd., PO Box 7005, London, Ont., N5Y 5R6.

Last respects

► Funeral services for Jack Richardson will be held at St Paul's Cathedral, 472 Richmond St., today, 2 p.m.



will be put into the JRMA Educational Funds to further the development of seminars and acknowledge young musicians in London. **METRO**

News in brief

Buy books, help school

785 DUNDAS ST. The East Village Coffeehouse has extended its book fair one week to May 22.

Money raised from the book fair will go toward new uniforms for West Lorne Public School.

They are just \$200 from their target. **METRO**

London Police Service is hiring

HELP WANTED. London police are looking for quality cadet applicants.

Refer to their website, police.london.ca, for qualifications and send your application to be considered for a career as a London police officer.

METRO

Apple's iPad gives new voice to kids who have trouble communicating. Video at metronews.ca

Follow us on Twitter @themetrolondon

'Fighting is in my blood,' says MMA competitor

► Ryan Ford battles it out in tonight's match ► Has his own clothing line called G'd Up Clothing ► Available at ryanfordmma.com and beatdown.ca



 **JIM REYNO**
@METRONEWS.CA

It can turn on a dime or, more specifically, a slip or a submission. Or maybe a good old-fashioned smackdown.

"In mixed martial arts, at any time, something can change," said welterweight Ryan Ford, competing in the main event of tonight's MMA Live 1 at the John Labatt Centre.

"A guy could be winning a fight three rounds, beating his opponent and all of a sudden slip up, get knocked out, or caught in a submission."

And just like that, an MMA event can change dramatically. That unpre-

dictability, that intensity, that Oh! Did you see that? — that's what's bringing in fans in record numbers.

"I just think it's an exciting sport," said Ford, an Edmonton native. "You get two guys with two different backgrounds that get to get in there and challenge each other."

But while the volatility of MMA is exciting for fans, it's got to be scary in the cage, knowing you could quickly go from winning a bout to tapping out.

Right? Wrong.

"I like it," said Ford, whose background is in boxing and wrestling. "It's not really scary — fighting is in my blood. We train

"I'm a guy that goes in there to finish the fight, and I like to please the fans, too. They're spending the money to come out and watch us fight. Their money is pretty much paying us, so I think that we've got to give it back to them and put on exciting fights."

RYAN FORD

every day, and we're prepared and ready for what's going to happen come

fight night."

Ford (14-3) faces American Karo Parisyan (18-6) in tonight's final bout.

"I anticipate me winning at the end of the night," said Ford, 29. "I can't determine what's going to happen in the fight. But Karo Parisyan is a well-known fighter around the world. He's going to be my toughest fight in my career right now, the guy with the most skills."

"I'm going to be ready. I put in a good eight-week training camp, getting ready for him. I'm going to be ready to start it off with fireworks, from the start of the bell to the end of the bell."

City transit boss sees grim outlook

The general manager of the London Transit Commission is painting a gloomy picture of finances, thanks in large part to skyrocketing fuel prices.

Larry Ducharme told city council's community and neighbourhoods committee Tuesday that the soaring prices could siphon up to \$800,000 from this year's budget.

"Fuel represents about 15 per cent of our costs," Ducharme said. "We buy about seven million litres of diesel fuel a year."

Ducharme said the TC expected to pay about \$1.00 a litre for the fuel, but the price is currently at about \$1.07 and expected to rise.

However, there is a silver lining.

"We've also noticed our ridership is performing better than budget," Ducharme said.

He says the trend of in-

Public meeting

► **Londoners.** A public meeting will be held Tuesday, as the LTC wants to hear from Londoners and their hopes for the future of transit. The meeting is at 5:30 p.m. at the Central Library downtown.

► **Commission.** The London Transit Commission is a corporate body with power vested in it by the City of London Act.

► **Members.** The commission consists of five members appointed by the Municipal Council of the Corporation of the City of London.

► **Website.** For more information, visit ltconline.ca.

creased ridership is thanks in part to higher fuel prices.

AM980/AM980.CA

BASEBALL

Column to look at London's ballplayers

Have you ever wanted to know what it's like to be a real ballplayer? Get a behind-the-scenes look at the base hits and brushbacks, rain delays and road trips? Well, so did we. And thanks to pitcher Mike Arsenault and the London Majors, we're going to find out.

Beginning tomorrow, Arsenault's weekly column, Life with the Majors, will appear in Metro. He'll take us in the clubhouse and on the field for an up-close look at the life of a ballplayer in the Forest City.

But let's hear from Mike — we asked him to write a short biography:

I'm a left-handed pitcher in my first sea-

son with the London Majors. My writing and baseball skills were honed during my undergraduate studies at Queen's University.

I'm looking forward to providing an insider look at the 2011 IBL season from a player's perspective. I want the chance to prove myself against the best hitters in the province, all the while experiencing a steep regression in maturity as a result of my living in a dorm room for the first time since before the invention of Facebook. (Seriously — Zuckerberg and I were freshmen in the same year.)

● METRO



CABINET SHUFFLE

Senate picks spark outrage

The prime minister shuffled the deck but not much appears to have changed with the new federal cabinet, Jack Layton said yesterday.

The NDP leader also said he was taken aback by Stephen Harper's decision to appoint three failed Conservative candidates to the Senate.

"That's a slap in the face to Canadian voters — to say that someone who has lost an election a few weeks ago now has the opportunity of becoming a senator. This is an attack against democracy."

Harper named Larry Smith, Fabian Manning and former cabinet minister Josee Verner to the upper chamber. Smith and Manning had quit Senate jobs to run for the Tories, while Verner lost her seat in the NDP run on Quebec.

THE CANADIAN PRESS

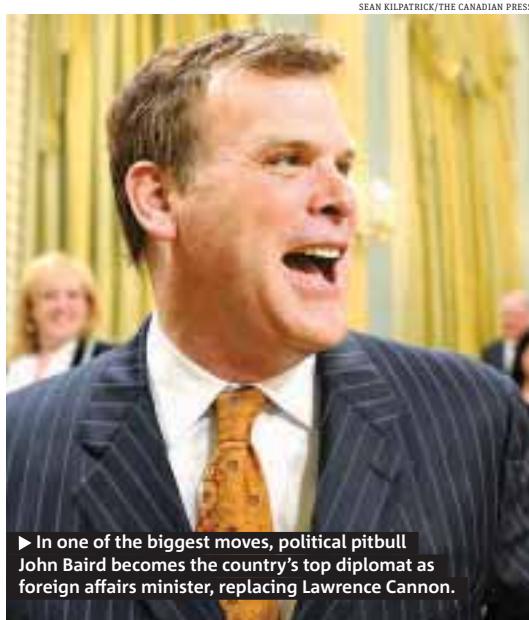
Bernier returns to cabinet

Maxime Bernier, one of only five Tories elected in Quebec, returns to cabinet in a junior role as minister of state for small business and tourism after a three-year exile. THE CANADIAN PRESS

Not enough women appointed?

Ten of the 28 women in the 166-member Conservative caucus have made it into cabinet, but critics condemned that as far too few.

THE CANADIAN PRESS

Harper unveils his biggest cabinet yet

SEAN KILPATRICK/THE CANADIAN PRESS

► In one of the biggest moves, political pitbull John Baird becomes the country's top diplomat as foreign affairs minister, replacing Lawrence Cannon.

- PM sticks with familiar faces
- Flaherty, MacKay stay in posts

It's game on for the Conservative majority government as Stephen Harper announced a cabinet yesterday packed with veterans and some new players.

The prime minister added one position to the team, upping its size to 39 — a third larger than when Harper first took office in 2006, and matching the cabinets of Brian Mulroney and Paul Martin as the biggest ever.

The large roster prompted cries of hypocrisy as Harper's decision to keep a beefed-up bench comes at a time when the government needs to trim billions in government spending to wrestle down

"Any hockey coach will tell you that if a team is going to keep winning over time, it must maintain a corps of veterans and gradually blend in new talent."

PRIME MINISTER STEPHEN HARPER

the deficit.

But Harper dismissed the criticism.

"I think it's important to know when you're talking about austerity, that this government has reduced ministerial budgets significantly," he said.

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RYAN TAPLIN/METRO HALIFAX



► Author Jo Stanley poses with a feather boa.

Making waves

- Halifax unveils exhibit on gay and lesbian seafarers
- 'Hats off to you for being brave enough to explore it'



JENNIFER
TAPLIN
@METRONEWS.CA

Author Jo Stanley dove into a drag queen's closet yesterday, pulling out ball gowns and feather boas.

Stanley, from Halifax, England, led the media on a tour of a new exhibit at the Maritime Museum in Halifax. It's called Hello Sailor! Gay Life On The Ocean Wave.

Museum curator
Dan Conlin

said there has been little resistance to the exhibit.

"One chief petty officer said everybody knew there were gay sailors in the navy and nobody ever talked about it, so hats off to you for being brave enough to explore it."

The exhibit is based on the book Stanley co-authored on the history of gay British mariners.

But before bringing the exhibit to Halifax, two oral histo-

ry researchers recorded the stories of five local gay sailors — including Frank Letourneau.

He had been in the navy for 13 years when he was forced to resign.

"I was up against a regulation that said if you're gay, you can't be in the forces," Letourneau said.

But he said he didn't face homophobia at sea because he kept his gay status quiet. "They said we know you're gay and we're OK with that," Letourneau said. Canadian

Forces changed its anti-gay policy in 1992.

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B.C. journalist safe after Syrian ordeal

► Al-Jazeera's Dorothy Parvaz was accused of being a spy ► Damascus has banned most foreign reporters

Blindfolded and handcuffed, Dorothy Parvaz spent a night in a Syrian courtyard listening to the wails of young men being beaten until their voices were hoarse.

It was the first night after the British Columbia journalist was stopped by Syrian officials while travelling to Damascus on assignment for Al-Jazeera's English-language news network.

She had no idea if anyone knew what had happened to her, she said in her first public comments since her ordeal ended Tuesday.

"I'm fairly certain (it was) for that purpose, to scare me, and I heard two separate interrogations



► Al-Jazeera journalist
Dorothy Parvaz

Iran, where she also has citizenship, but no one had heard from her until the day of her release.

Iran had not commented on Parvaz until Tuesday also, when its foreign ministry spokesman said she had tried to enter Syria with an expired Iranian passport and without proper press clearance.

A Canadian foreign affairs spokesman said yesterday Parvaz is "now safe."

"Since learning of her disappearance, Canadian officials engaged authorities at high levels to press for information on her wellbeing and whereabouts," Alain Cacchione said in an email.

THE ASSOCIATED PRESS

and beatings," she said in the Doha, Qatar studio interview posted yesterday on the news organization's website.

The Iranian-born Parvaz was set free on Tuesday, nearly 19 days after being taken into Syrian custody on April 29. She had been deported from Syria to

No parole for prison slacker

There will be no parole for a man convicted in the deaths of four Alberta Mounties near Mayerthorpe.

Two National Parole Board officers say Dennis Cheeseman said the right things at his hearing yesterday at the Drumheller Penitentiary in Southern Alberta, but hadn't done enough in prison to better himself.

Cheeseman admitted he didn't feel he was ready for full parole, instead asking for day release.

THE CANADIAN PRESS

7

Cheeseman was sentenced to 12 years but credit for his guilty plea mean he is serving a little more than seven years.



► Albanian opposition supporters clash with police as they try to enter the Central Election Commission in the capital city of Tirana.

HEKTOR PUSTINA/THE ASSOCIATED PRESS

Electoral strife in Albania

Protesters decried the delay in releasing the results from the May 8 local elections, in which they claim their leader, Edi Rama, won re-election as mayor of the city of Tirana.

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News in brief

**Bids for Royal hat near \$30K**

LONDON. Online auctioneer eBay says that bids for Princess Beatrice's massive, ring-and-bow-shaped hat have approached 18,400 pounds (or \$28,000 US).

The Philip Treacy creation turned heads at the wedding of the princess' cousin, Prince William, last month's and has since become an internet sensation.

THE ASSOCIATED PRESS

Fictional flood warnings

BUDAPEST. Hungary's disaster management agency is testing the country's emergency broadcast system with warnings of severe storms in Middle-earth, the fictional setting of J. R. R. Tolkien's *The Lord of the Rings*.

It chose the land of Hobbits, Orcs and Elves to avoid alarming people.

THE ASSOCIATED PRESS

\$2B US magnet arrives at space station

CAPE CANAVERAL, FLA. A mammoth cosmic ray detector arrived at the International Space Station yesterday. The priciest cargo carried by a space shuttle will search the invisible universe and help explain how everything came to be.

THE ASSOCIATED PRESS

Winnipeggers engaged on Oprah's last show

► Woman's mom fakes headache so boyfriend can go to show ► Onstage proposal shocks girlfriend



EELISHA DACEY
@METRONEWS.CA

Winnipeg nurse Jenna Steinsvik got the surprise of her life when her firefighter boyfriend Alex Babinsky proposed to her on the last taping of the Oprah show.

"I knew he'd do something big because he's like that. He's big in everything he does," Steinsvik said on her cellphone yesterday on the way home to Winnipeg from Chicago. "But, no, I never expected this."

While sitting in the crowd at the United Center, a producer called



► Alex Babinsky proposed to girlfriend Jenna Steinsvik on Oprah's last show.

Babinsky up on stage, much to Steinsvik's shock.

Babinsky called his girlfriend of a couple years to the stage, got down on one knee and proposed with

"Will You Marry Me, Jenna" flashing on the screens around the Center.

In front of a wildly cheering crowd, Steinsvik said yes.

A bold proposal

How to get your girlfriend to marry you in four difficult but awesome steps

- 1 Luck out and have her win tickets to the taping of the last Oprah show.
- 2 Call Oprah's producers to set up the surprise.
- 3 Have her mom fake a migraine. Take her spot.
- 4 Jump on stage in front of 13,000 and ask.

Steinsvik said she's still stunned — and that, no, the couple hasn't set a date. She isn't sure if the proposal will be aired, but it was taped.



SOMETIMES CANADIANS ARE JUST TOO POLITE FOR THEIR OWN GOOD

It's not rude to ask someone to leave if they intrude on your home. And door-to-door water heater sales is just that, an intrusion. Don't feel obliged to be polite... just say **"go away"** after all, your water heater is fine. Here's what you need to know.

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Advocacy group wants McCloon to go

► McDonald's defends mascot against irresponsible marketing accusations

His floppy shoes, painted-on smile and flaming-red hair may be a harder sell to today's kids who are trading in their dolls and trucks for manicures and mobile game apps at ever younger ages.

He also seems out of step with McDonald's Corp.'s new efforts to appeal to adults. The 48-year-old spokes-clown fell flat in new ads this year, according to Ace Metrix, a U.S. group that tracks TV advertising.

And the U.S. government is getting strict on marketing unhealthy food to children. That has both marginalized Ronald as more of a mascot than a product pitchman and landed him in the middle of the bigger debate about food makers' responsibilities in stemming the rise in childhood obesity.

McDonald's says it is proud of the food it offers and that Ronald teaches children to be active.

Critics say it's time to hang up the yellow jumper. A group called Corporate Accountability International plans to ask Ronald to retire at the company's annual meeting today. They say Ronald encourages kids to eat junk food, contributing to a rise in childhood obesity and related diseases such as diabetes.

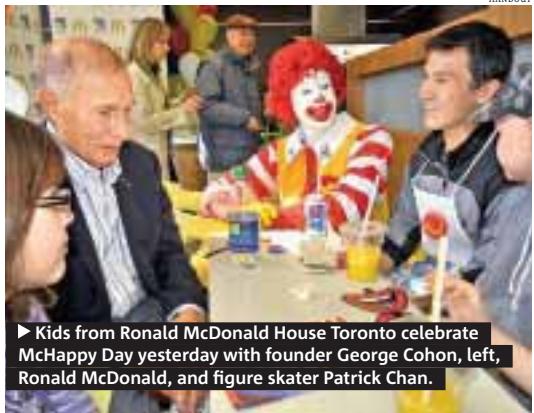
The group, which campaigned against the Joe Camel cigarette mascot in the 1990s and complained

about Ronald as a role model at McDonald's annual meeting last year, has stepped up its campaign.

It took out full-page ads yesterday in the Chicago Sun-Times, New York Metro and four other papers to call for his head.

The ads, signed by more than 550 health groups and professionals, carry the headline, "Doctors' Orders: Stop Marketing Junk Food To Kids."

THE ASSOCIATED PRESS



► Kids from Ronald McDonald House Toronto celebrate McHappy Day yesterday with founder George Cohen, left, Ronald McDonald, and figure skater Patrick Chan.

FUN AND GAMES

Slapping on a new twist to old toys

The NHL playoffs will be over well before summer is underway, but hockey-mad kids can still get their fix during the warmer months.

Toys and games that offer a new take on street shinny were among those featured during the Hot Toys of Summer event held by the Canadian Toy Association yesterday.

The Slip 'N Slide Water Knee Hockey Rink and SlapSHOTZ, which uses hand-held blades and a soft foam ball, were among the activities offering a mod-

ern twist on the traditional game.

Away from the diamond, Triple Hit Baseball from Fisher-Price allows youngsters to test their swing on balls popping out automatically from its base. For those looking to test their acrobatic skills, there were also brightly coloured Spooner Boards on which to try out spins, flips, slides and wobbles.

Laura Wiese of The Canadian Toy Association said the industry will always offer new twists on old classics, which helps bring kids into new areas of play they might not have tried before. And for cost-conscious parents, Wiese said more than 70 per cent of the toys featured yesterday are less than \$30.

THE CANADIAN PRESS

Designers joining Fay

Tod's Group says the Italian designing duo Tommaso Aquilano and Roberto Rimondi is taking over the women's line at its Fay fashion brand, worn by such stars as Halle Berry and Sandra Bullock.

The pair most recently were designing for Gianfranco Ferré, where they

landed in 2008. Ferré has recently been purchased by a Dubai fashion group, which had indicated it was looking for a change.

Aquilano and Rimondi will present their first collection in September during Mila's Fashion Week for the spring/summer 2012.

THE ASSOCIATED PRESS

Market moment

TSX	Dollar	Oil	Natural gas
+ 166.19 (13,607.25)	+ 0.21¢ (103.03¢ US)	+\$3.19 (\$100.10 US)	1,000 cu ft \$4.23 US (+ 4.9¢ US)

TSX MARKET SYSTEMS

REUTERS

Ab-ercrombie
ripped and
ready for Paris



► Bystanders take snapshots as models pose in front of the Abercrombie & Fitch shop in Paris yesterday.

REMY DE LA MAUVINIÈRE/THE ASSOCIATED PRESS

Topless male models posed in front of the Abercrombie & Fitch shop on the Champs-Elysées in Paris as part of a promotion for the opening of the U.S. brand's new shop in France. Abercrombie & Fitch Co., known for pricey clothing, said yesterday that international sales helped push it to a first-quarter net income of \$25 million US. In last year's first quarter, the company had a loss of \$11.8 million.

New rules on insurance industry worry CEO

Sun Life Financial's CEO says he has serious concerns about widespread regulatory changes proposed for the life insurance industry.

Donald Stewart says those potential regulations, including the second phase of international financial reporting standards and more stringent capital regulations, could have "significant negative unintended consequences."

Proposed stricter capital requirements could be more onerous in a number of jurisdictions, Stewart warned shareholders at the Toronto-based insurer's annual general meeting.

THE CANADIAN PRESS

KEEP YOUR PANTS ON, IT'S ONLY A RACE

HE SAYS ...

JOHN MAZEROLLE
METRO



If you're looking for a new challenge and have the opportunity to run a marathon, I would definitely, if I were you, run in the other direction as fast as you can.

That's the only running I'll recommend, though.

Before you get any ideas about "healthy living," keep in mind where the marathon originated: According to Greek legend, passed down by generations of Wikipedia writers, Pheidippides (or "Dippy," as his friends called him) ran from a battle to faraway Marathon, cleverly keeping his bearings by staying to the right of numerous orange traffic cones.

Powered only by steely determination and Gatorade tablets every three kilometres, Dippy ran without

stopping because, as classical paintings depicting the event illustrate, he wasn't wearing pants. Arriving in Marathon and conveying his final, brave message to his superiors ("They've taken our pants!"), he collapsed and died.

I can confirm the validity of this Marathon legend, too, because I just ran a half-marathon four days ago and I'm definitely half-dead.

So I speak from experience when I say that if you want to run a long race, you should find something more fun to do, such as unnecessary dental surgery."

thing more fun to do, such as unnecessary dental surgery. The Marathon legend actually understates the difficulties, because it leaves out when Pheidippides' skipped beers with his friends on the weekend because he had to train.

My point is that if you take part in a marathon, you are signing up for an event that killed its first participant. It would be like registering for the annual Titanic Ship Race and Iceberg Avoidance Festival.

So I'm begging you not to make the same mistakes I made. I started six years ago, with a full marathon, which is exactly 26 miles, or 7,500 kilometres. It was beyond difficult and only with the finish line in sight did I surge ahead, passing a woman in her late 60s who, judging by her facial expression, may not have been entirely aware she was in a race.

So I finished second-to-last, yet I still enjoyed myself and have been referred to since as The Penultimate Warrior — at least when I'm looking in the mirror and no one else is around.

And therein lies the problem with running. Here I am complaining about it, but I CAN'T STOP. It's a gruelling, painful, sometimes demoralizing experience and, yet, there's something when you're running that tells you it's one of the best things you've ever done.

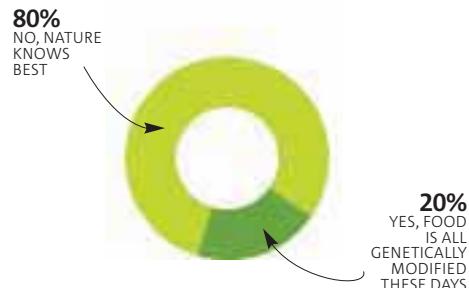
And if you start, well, I can't be held responsible for what happens. Keep a close watch on your pants.

.....
Read more of John Mazerolle's columns at metronews.ca/hesays



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metrolife panel
Do you think taking nutrient supplements trumps nutrients from food?



Worth mentioning

SAO PAULO, Brazil. A 114-year-old Brazilian woman is the world's oldest living human, Guinness World Records said yesterday.

Maria Gomes

Valentim attributes her longevity to eating a daily roll of bread for breakfast along with fruit — though she indulges in the occasional nip of wine.

Guinness said Valentim, aged 114 years 313 days, is 48 days older than the person previously considered the world's oldest human, Besse Cooper from Monroe, Ga.

Cooper now holds the title of the oldest living North American.

Guinness verified that Valentim was born July 9, 1896, in Carangola in the southeastern state of Minas Gerais, where she has always lived.

Known as Grandma Quita, Valentim's family says she has a stubborn streak and has always made a habit of minding her own business.

Guinness said it has received several claims for potential "super centenarians" — but none before were ratified because of a lack of evidence or documentation. **THE ASSOCIATED PRESS**

Cartoon by Michael de Adder



STEPHEN HARPER UNVEILS HIS CABINET

WEIRD NEWS

An artist in sheep's clothing?

An artist known for his large-scale projects says his proposal to put silvery, luminous fabric panels over the Arkansas River won't hurt bighorn sheep.

The panels in Christo's project would span eight sections along a 64-kilometre stretch of the river between Salida, Colo., and Canon City and require drilling anchors. The project is expected to take two years.

Colorado wildlife commissioners voted to send a letter to the U.S. Bureau of Land Management expressing concerns over how the project would affect the sheep, according to the Pueblo Chieftain.

Christo says protecting wildlife and the environment is important and he will address the concerns that were raised.

His ideas have hit resistance before.

The Gates in New York's Central Park was rejected by three city administrations before Christo's friend Michael Bloomberg was elected mayor. The 7,503 fabric panels of The Gates were installed in 2005 under Bloomberg's tenure.

THE ASSOCIATED PRESS

Local tweets



- **@edjackman:** Retro buttons at Attic Books. Two bins full of them. \$0.50 ea. #ldnont <http://t.co/85GUiZ7>
- **@emaitland:** right back into the grind of school ... that didn't take long at all #uwo
- **@craighunteresq:** Wondering if John Baird will give a war cry before he swears in as the 41st Parliament's Minister of Foreign Affairs. #p41 #cdnpoli #ldnont
- **@CamAtGazette:** Anyone know of any apartments for rent near Fanshawe, in #ldnont?
- **@CityThink:** I'm sure I'll end

up blogging this but. Tend to think a City as sprawling as #ldnont not well served by one central City Hall.

► **@imacard:** Ok you print design people in #ldnont. I need to make copies of a photo that is 12x16 without too much \$. Any thoughts?

► **@naomisayers00:** I just love it when people use a printer, cause a paper jam, then walk away from the printer. #sarcasm #uwo

► **@supdee:** Note to any 2 Dundas travellers: if you can avoid taking the bus into campus, do it. Avoid construction on Western Road like the plague #uwo



Scene in brief

Canadian chanteuse Celine Dion gives fans a peek into her home and work life in a new TV special that's set to air next month. Celine: 3 Boys and a New Show is slated for broadcast on OWN: The Oprah Winfrey Network on June 26.

THE CANADIAN PRESS



A man, a van, an idea: Cannes in a Van parks indie film on the French Riviera. Scan code for story.

Local woman set to rock London

► APK Live's Saturday night show brings together three great female-driven acts ► Loonie in the Garden has blossomed over the past year

BACKSTAGE PASS

AMANDA GRANT
METRO LONDON



Even though it's an emerging band in London, Loonie in the Garden is already developing quite a following. The four-piece, lead by Lynne Craven, has been picking up speed since it formed in November.

"It's been pretty fast," Craven says.

Loonie in the Garden was born out of a summer Craven spent living out west writing, and working in a garden. When she returned to London, she connected with Natasha Roberts while rehearsing

for a musical at the Palace Theatre.

Craven says her and Roberts should've met years before. Both are alumni of the Amabile Choir, they were joined by two members of another London group, The Woody Allen's, Michael Middleton on bass and Brent Hebert on drums.

Craven — who had the childhood nickname "Loonie" — writes most of the music. She then builds harmonies with Roberts, and supporting instrumentation with Middleton and Hebert. Still, Loonie in the Garden is a vocally-driven band, with blues chords punctuating choral, folk harmonies. For Craven, focusing on the band's voices made sense.

"Hearing just one voice sounds almost strange to me," Craven says. "I'm just



► Lynne "Loonie" Craven and her band Loonie in the Garden are playing APK Live on Saturday.

so used to singing with other harmonies. When I write my music I hear everything ... the instruments are just kind of the background, rather than the front line."

On Saturday night, Loonie in the Garden will be

joined by Alanna Gurr and Allie Hughes for a girl power performance at APK Live on York Street. Craven says it will be an entertaining night, particularly with Allie Hughes on the bill.

"The first time I saw

her she was dressed in a wedding dress and her back-up singers were in bridesmaid dresses," Craven says. "And then she had actors in the audience who were crazy aunts and uncles — it's very theatrical."



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Final farewells

► Hollywood's biggest stars, 13,000 fans come to Chicago to say goodbye to Oprah

Oprah Winfrey wiped away tears as celebrity after celebrity surprised her during a farewell double-episode taping of The Oprah Winfrey Show that will precede her finale.

"Thank you is not enough, but thank you," Winfrey told the crowd of 13,000 gathered at Chicago's United Center on Tuesday night for Surprise Oprah! A Farewell Spectacular. "For your love and your support, thank you."

The crowd gave Winfrey a standing ovation when she first walked on the stage. Then the stars came out, with Winfrey's producers making good on their promise of the biggest celebrities of movies, music and television.

Aretha Franklin sang Amazing Grace. Tom Hanks acted as host for the evening. Michael Jordan, who led the Chicago Bulls to six NBA championships during the 1990s, told Winfrey she inspires him.

Tom Cruise, famous for his couch jumping on Winfrey's show, was there. Jerry Seinfeld wore a tuxedo to give a comedy routine. And Madonna said she is among the millions of people who

"It really does amaze me that I get to be around a woman who changes people's lives every day and who also takes her own lunch to work."

STEDMAN GRAHAM, OPRAH WINFREY LONGTIME PARTNER

are inspired by Winfrey.

"She fights for things she believes in, even if it makes her unpopular," Madonna said.

Winfrey announced in November 2009 that she would end her popular talk show after 25 years. Tuesday's taping will air May 23 and 24, before Winfrey's final show on May 25.

"You always had the power, and that is the message you brought into our lives," Cruise told Winfrey.

The show highlighted Winfrey's charity efforts over the years. About 300 Morehouse College scholarship students walked along the United Center aisles as Kristen Chenoweth sang For Good from the musical Wicked. Grammy winner John Legend was beamed in from a New Orleans school and Winfrey's book club was lauded for getting millions to read.

Josh Groban and Patti LaBelle sang Somewhere Over the Rainbow as Winfrey sat

in a white chair onstage.

Jamie Foxx and Stevie Wonder sang Isn't She Love-

ly to Winfrey. Wonder followed with his own song, singing to her, "Oprah thank you for using your gifts to uplift so many hearts."

Simon Cowell made an appearance; Rosie O'Donnell sang a Broadway-style song. THE ASSOCIATED PRESS



► Madonna, right, hugs Oprah Winfrey as she appears during a star-studded double-taping of Surprise Oprah! A Farewell Spectacular.

More stars galore

► The taping of the second show began with Will Smith and his wife, Jada Pinkett Smith, who thanked Winfrey and told her she mothered millions and "that puts you in the status of a goddess."

► Actresses Halle Berry, Queen Latifah, Katie Holmes and Dakota Fanning all appeared, along with newswoman Diane Sawyer.

► Beyoncé sang her song Run the World (Girls) backed by dozens of dancers.

► "Oprah Winfrey, because of you women everywhere have graduated to a new level of understanding of who we are, of what we are and most of all who we can be," Beyoncé said.



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'I've got to do something different': Baldwin

In a recent episode of 30 Rock, Alec Baldwin's character, Jack Donagh, went through a kind of midlife crisis, splitting into four alternate versions of his self.

One, "sideways Jack," chastised Donagh for allowing an intended six-month stop in TV to turn into five years, leaving him stalled and no longer a "shark."

"You don't even know what a shark is anymore!" exclaimed the alternate Donagh.

The episode played artfully with Baldwin's own career ambitions, which didn't include sitcom stardom until Tina Fey's 30 Rock came along.

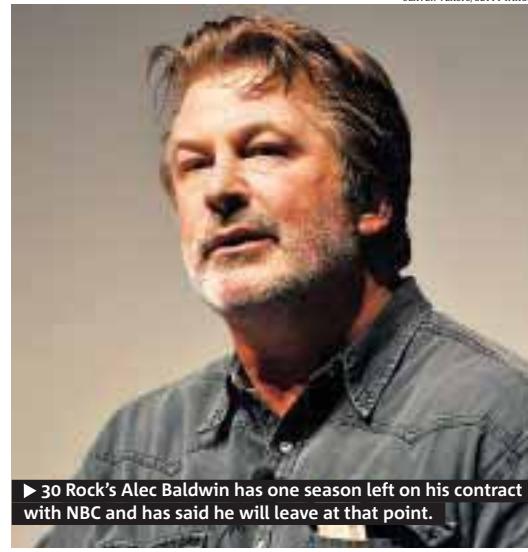
Now, though, Baldwin is

contemplating his exit from 30 Rock. He has one season left on his contract with NBC and has said he will leave at that point.

"That's pretty much all I think about right now," said Baldwin in a recent interview.

"To finish the show, I'm going to do this year then start thinking about what I want to do next. It's the big question. It's been a great experience, and I've loved doing the show. It changed my life. I'll never have it this good again, I know that. But I know that I've got to do something different, try something different. I don't know what that's going to be."

This summer, Baldwin



► 30 Rock's Alec Baldwin has one season left on his contract with NBC and has said he will leave at that point.

SLAVEN VLASIC/GETTY IMAGES

No politics

► Alec Baldwin has an interest in politics and regularly blogs for the Huffington Post. But because the top New York State offices are safe Democratic seats, he doesn't want to run for office in his home state.

► "It would be easier for me to run if I moved — California or Connecticut or somewhere. And I'm not prepared to do that right now," he says.

will be shooting Woody Allen's next film, to be shot in Rome, as well as the big screen adaptation of the Broadway musical Rock of

Ages and the indie drama Hick. Though Baldwin, 53, worked primarily in movies before 30 Rock and has since worked in such films as 2009's It's Complicated, he says he won't necessarily return to that path.

"When I go back into the world to go to work, I don't know how likely I would be to (make movies). This is something I can't answer now," says Baldwin.

"But if I want to do something after that, I don't know if that would be another series on television — I doubt I would do that. Just to go to work, maybe I would do films again. But it's difficult because films are hard."

THE ASSOCIATED PRESS

'Big swings' in store for ABC next season

► Network expanding comedies, gearing up to introduce 13 new series

Fairy tale figures, 1960s era stewardesses and men who dress up as women to get a job are featured in 13 new television series that ABC is introducing next season,

along with proven performers Tim Allen and Charlie's Angels.

With familiar hits like Grey's Anatomy and Desperate Housewives aging,

new ABC Entertainment President Paul Lee said he looked for a mix of ambition and comfort in the first new season schedule he presented to advertisers on

Tuesday.

"I think we have a lot of big swings," Lee said.

Sunday may be his boldest step. Lee shifted Extreme Makeover: Home Edition to Fridays to present three dramas that all inhabit unique worlds. Two are new and Desperate Housewives is returning.

Once Upon a Time will draw comparisons to Lost with its mixture of real and imaginary worlds, and is from two producers who worked on that series. The new one is based on a 10-year-old boy who believes his mother is Snow White and Prince Charming's missing daughter.

Pan Am evokes Mad Men as a sexy throwback to the 1960s, with stewardesses and pilots replacing ad executives.

ABC is looking to Allen



► Ty Pennington is the host of Extreme Makeover: Home Edition, which will air Fridays on ABC next season.

star hawks sporting goods this time instead of tools, but in Last Man Standing he struggles for his footing in a home full of women with his wife and three daughters.

The Dancing With the Stars results show will air on Tuesdays, but between cycles of that competition ABC will air four comedies on Tuesday evenings.

They will include the existing Cougar Town, which won't reappear until mid-season.

Two men who dress up as women to get jobs as pharmaceutical reps are the focus of the comedy Work It, which doesn't appear until midseason. Lee called the rock-'em, sock-'em action "pure candy."

The remake of Charlie's Angels is scheduled for Thursday nights, with Minka Kelly, Rachael Taylor and Annie Ilonzeh as the stars.

THE ASSOCIATED PRESS



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Available at
Walmart

Mother of Arnold's love child revealed

► Housekeeper believed to be his other woman ► Kid could be a teenager

The former employee who had a child with Arnold Schwarzenegger has reportedly been identified as housekeeper Mildred Baena, according to Radar Online and Star magazine.

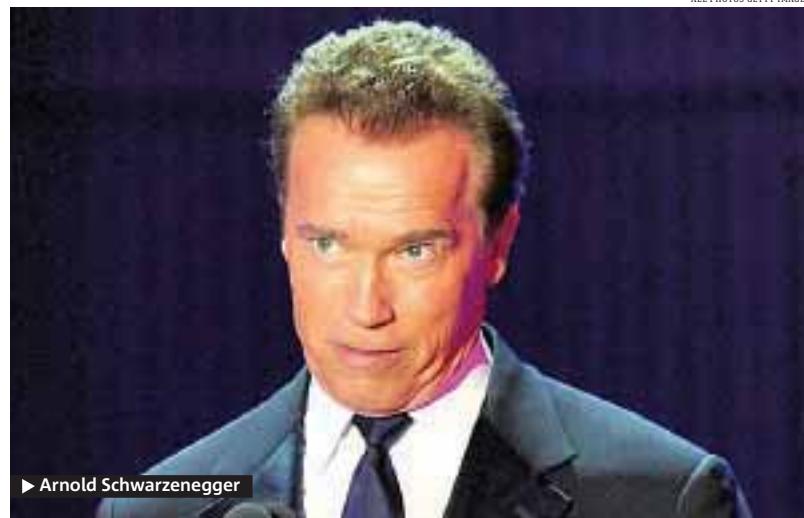
"She's the one," a source confirms.

Baena reportedly worked for Schwarzenegger and estranged wife Maria Shriver for 20 years before retiring in January.

The child in question is believed to be around 14 years old. Schwarzenegger's youngest child with Shriver is 13.

Arnold and Shriver recently announced their divorce.

• METRO



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Celebrity tweets



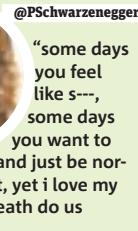
Talking points

**Penelope Cruz
wants to hide
son from press**

UGLY BABY? Penelope Cruz is hoping to keep her newborn son, Leonardo, as far from the limelight as she and husband Javier Bardem can, she tells *Vogue*.

"I want my son — and my kids if I have more — to grow up in a way that is as anonymous as possible," Cruz explains. "The fact that his father and I have chosen to do the work that we do, doesn't give anybody the right to invade our privacy."

• METRO



"some days
you feel
like s---,
some days
you want to
quit and just be
normal for a bit, yet i love my
family till death do us
apart."

@SteveMartinToGo



"Spanish
Conquis-
tadors
have just
claimed my
lawn for Spain.
Though haven't worn this
chest plate in ages, THIS
WILL NOT STAND."



Beauty pick

Lip balms that won't stick

It's officially time to swap out the sticky lip glosses for lighter lip treatments that won't melt on the beach. Fresh's lip balm gives the most subtle wash of color along with natural, hydrating ingredients.

— KENYA HUNT



FRESH

Sugar Honey Tinted Lip Treatment
\$23, sephora.com



Fashion designers often live the jet-set life they love to mimic on their runways.

Mastering tonal dressing

► Shake things up for summer by ditching the black and experimenting with lighter, summery neutrals instead ► Here's how

An outfit of head-to-toe black may be practical for city living, but it can also be a predictable snore. If you're prone to monochromatic dressing, try changing up the shade for a little variety.

This tonal look that we spotted on Isabella Viscam is a light and fresh take on the urban uniform. The key to pulling this off is playing with the subtle varieties in shades of tan and beige. — KENYA HUNT

Remix her style



2



3



4



5

1 ASOS
skinny trousers
\$54, asos.com

2 CURRENT/ELLIOTT
denim jacket
\$265, netaporter.com

3 MARY SOL
tote
\$100, shopshop.com

4 ZARA
flat sandal
\$50, zara.com

5 MANGO
blouse
\$80, mango.com

6 J. CREW
scarf
\$55, jcrew.com



THE KIT

Hair aware

Uncommon scents

We love an in-salon colour treatment as much as the next girl, but could do without the fumes that go with it. L'Oréal Professionnel hears our pleas and launches INOA, an ammonia-free, odourless system that lets you lighten, darken or just cover greys. From \$40; inoa.ca

Work of Art

Add a bit of bling to your updo with gem-encrusted pins. For a hint of shimmer, use one or two. To fake a statement piece, cluster several pins together. Bobby Pins, \$20/pair, bananarepublic.com



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Men's grooming

Sealed lips

Feeling parched? Malin & Goetz's lip moisturizer features an intimidating sounding hydrogenated polyisobutene fatty acid hydration technology that does a really nice job of hydrating thirsty lips.

Best of all chaps, this neat little tube of shine-free, scentless cream won't be mistaken for your girlfriend's lipgloss.

— RICHARD PECKETT



MALIN & GOETZ
\$12, malinandgoetz.com

A room fit for a Teenager

Spending selectively now may just carry your child through the college years and beyond, says design guru Nate Berkus.

That cute duckie wallpaper or nautical furniture set were great for your child's baby years and just barely tolerable through elementary school, but a bedroom makeover is hard to get around when a child heads for the tumultuous teens.

Consider the four Cs — classic, comfort, cool and colour — when providing older kids with long-lasting lairs, er, lovely hang-out-study spaces. And keep in mind a transformation doesn't have to mean tossing everything and buying all new.

Making a teen a partner in the redesign can be fun and fruitful, said Jennifer Adams Meyers, an interior and home products designer in Scottsdale, Ariz. "Let them have complete leeway. It gives them the motivation to keep it clean and organized."

Furnishings

A completely new set of furniture is probably not necessary, but a few items might be — a bigger bed, for instance.

Colour

There's no better way to let a tween or teen take control of their space than putting them in charge of palette, but be prepared to accept whatever crazy

colour scheme they come up with.

Meyers suggested vinyl wall decals with quotes or special words ("Peace" or "Happiness") as a way for a teen to personalize the room.

Closets, shelves and containers

Big kids may be more attached than you think but too embarrassed to say that they'd like to display some of their growing-up stuff.

In the new room, that

baby chair collecting dust in the corner might be more palatable with fresh paint covering the bears or ducks. The piece is saved but the nerd quotient diminished.

You know all those baskets and containers that caught the toys and baby books? Replace them with vertical book storage, graduating storage boxes than can be piled into a pyramid, or collapsible crates with handles that come in fun teen patterns and colours. THE ASSOCIATED PRESS



In addition to walls, linens can add a blast of colour and texture. "It makes sense to let them pick," Nate Berkus said. "They have a shelf life. They can only handle so many washes. Thematic is fine."



Wall art is huge to many teens — a poster of a favourite sports star or horror movie. How about a collection of colourful album covers from the '60s or framed memorabilia such as photos of friends and family?

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► Affordable suggestions to make your home look fresh and brand new



ASTRID
VAN DEN BROEK
LIFE@METRONEWS.CA

You'd love to incorporate the boutique look in your bathroom, living room or your kitchen, but you don't exactly have the budget for a full-scale renovation. So, we talked to Karl Lohnes, Metro's Décor Moment columnist, and Frank Turco, the Toronto-based senior manager of trend and design for Home Depot Canada, to find easy ways to get high-end looks for much, much less.

IN THE KITCHEN

CUPBOARDS

White creates a timeless kitchen look, suggests Lohnes. If your cupboards are in good shape, think about just re-facing the cupboard doors. "So that's not sanding down your doors — it's just getting new

doors for your cupboards," says Turco. Also install new cabinet hardware — think inexpensive steel knobs for doors and pulls on.

FLOORS AND WALLS

Laminate has come a long way baby. "Get a more luxurious look with quality laminate flooring, maybe the look of wood, which could be a higher-end look for most kitchens, or a laminate that looks like stone," suggests Lohnes. Then freshen up your walls with colours such as teal, turquoise or the new neutral — grey, adds Turco.

COUNTERTOPS

Swap out your counter for a laminate one with the look of white cararra or French marble. For a modern look, pick counters with squared-off edges and skip the curved return on the back.

"A slab that fits against the wall looks more like a

real slab of marble or granite," says Lohnes. .

IN THE BATHROOM

SHOWER/TUB

Can't afford a new tub? Then hide yours. "Hang your shower rod at ceiling height and then put a floor-to-ceiling curtain on it. It gives you a wall of fabric and makes it feel more like a powder room," says Lohnes. "You can buy curtains long now or get some standard drapery and put a liner behind it."

MIRRORS

Replace your plate glass mirror with a tall vertical mirror. "Then put your light fixture on top of that and you create almost a focal point," says Lohnes.

Or buy a mirror framed by a mirror. "It's a cool look and can dress up a bathroom," says Turco.

WALLS AND FLOORS

"You can buy tiled walls now, mosaic glass tiles on a big sheet so it's easy for a consumer to install. And there are mosaic glass tile sheets that look really good," says Lohnes.

VANITIES

Instead of installing a store-bought vanity, think about a floating vanity. "Have a contractor do a floating vanity top and then tile it or cover it with stone. It's often really inexpensive to do," says Lohnes. Or Turco suggests just switching out your faucet. "Single lever faucets are a huge trend and they are typically more contemporary," he notes.

IN THE LIVING ROOM

WALL COLOUR

Pick colours to suit how you use the room. "If it's a room where you watch TV at night, paint it a darker



►White: simple, classic.

colour. But if you're using the room during the day, then keep it lighter and airier," says Lohnes. Also clean up the look of your living room by painting your mouldings the same colour as your walls.

FLOORS

Get creative when replacing your carpeting. Tile carpeting is eco-friendly, and "you can just cut out one tile to replace it if an area gets worn or stained," says Lohnes. Hate carpeting? "Laminate flooring could work in a living room because there's no moisture," says Turco.

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An adventurous take on steak

► These marinated Steak Strips with Gorgonzola Sauce take 20 minutes to prep and just six minutes to grill

These steak strips are one of more than 200 recipes for adventurous grillers in Weber's Time to Grill. The recipes are created to save time without sacrificing an ounce of flavour.

Preparation:

1 In a large glass baking dish combine the marinade ingredients. Whisk to dissolve the tomato paste. Submerge the steaks in the marinade. Cover and refrigerate for 2 to 4 hours. Prepare the grill for direct cooking over high heat (450° to 550°F).

2 Lift the steaks from the dish and pat dry with paper towels. Discard the marinade. Lightly brush the steaks with oil and season evenly with salt and pepper. Allow to stand at room temperature for 15 to 30 minutes before grilling. Meanwhile, make the sauce.

3 In a medium saucepan over medium heat, melt the butter. Add the shallot and cook until tender, about 2 minutes, stirring often. Mix in the sour cream and cheese and cook until the sauce begins to simmer and the cheese has melted, about 3 minutes, stirring occasionally. Remove from the heat, add 1/4 tsp pepper, and cover to keep warm.

4 Brush the cooking grates clean. Grill the steaks over direct high heat, with the lid closed as much as possible, until cooked to your desired doneness, 6 to 8 minutes for medium rare, turning once or twice (if flare-ups occur, move steaks temporarily over indirect heat). Remove from the grill and let rest for 3 to 5 minutes. Serve warm with the sauce. Garnish with chives, if desired.

NEWS CANADA / WEBER'S TIME TO GRILL BY JAMIE PURVANCE (OXMOOR HOUSE)



► The Gorgonzola cheese sauce is the perfect topping for this tender meat.



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Ingredients:

Marinade

- 2 cups beef broth
- 1 cup dry red wine
- 1 medium yellow onion, finely chopped
- 2 tablespoons tomato paste
- 4 New York strip steaks, each 10 to 12 ounces and about 1 inch thick, trimmed of excess fat
- Extra-virgin olive oil
- Kosher salt
- Ground black pepper

Sauce

- 1 tablespoon unsalted butter
- 2 tablespoons minced shallot
- 1 cup sour cream
- 4 ounces crumbled Gorgonzola cheese (1 cup)
- 1 tablespoon finely chopped fresh chives (optional)



► This simple rice pilaf serves four.

Rice pilaf doesn't have to come from a box

► Make this simple dish using basmati rice, cranberries and almonds

Most people know rice pilaf as a side dish that comes from a box. But it can be so much more.

This speedy recipe for cranberry almond rice pilaf can be on the table in about 25 minutes.

Don't like almonds? Use chopped cashews or pistachios. Dried currants, cherries or golden raisins can sub in for cranberries.

And while we keep the seasonings simple with just a bit of cinnamon, cumin and black pepper, feel free to take this in any direction you like.

Preparation:

1 In saucepan over high heat, combine rice, orzo and broth. Bring to boil, cover, reduce heat to simmer and cook for 10 minutes. Once rice has cooked, quickly stir in cranberries, then cover and set aside for another 5 minutes, stirring occasionally.

2 While rice and cranberries sit off the heat, prepare the rest of the pilaf. In a large skillet over medium heat, melt butter. Add cinna-

mon, ground cumin and 1 ml (1/4 tsp) black pepper, then cook for 30 seconds. Add onion and sauté until it begins to soften, about 4 minutes. Add sliced almonds and grated carrots, then cook for another 2 minutes.

3 Add rice and cranberries to skillet; toss well. Season with salt and pepper, then mix in chopped scallions. Serve immediately.

THE ASSOCIATED PRESS

Ingredients:

- 250 ml (1 cup) basmati rice
- 50 ml (1/4 cup) orzo pasta
- 675 ml (2 3/4 cups) chicken broth
- 75 ml (1/3 cup) dried cranberries
- 45 ml (3 tbsp) butter
- 2 ml (1/2 tsp) cinnamon
- 1 ml (1/4 tsp) cumin
- Ground black pepper
- 1 yellow onion, diced
- 75 ml (1/3 cup) almonds
- 125 ml (1/2 cup) carrots
- Salt, to taste
- 2 scallions, chopped



Quoted



"It's so many emotions, it's hard to explain. It's almost like a dream come true. This team is really proud of itself, we've worked really hard."

RADAMEL FALCAO, AFTER HE SCORED THE WINNING GOAL TO GIVE FC PORTO A 1-0 WIN OVER BRAGA TO WIN THE EUROPAL LEAGUE FINAL.



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more sports.

Breaking through the wall

► Top goalies in Boston and Tampa have looked ordinary in East final

Boston and Tampa Bay have played a pair of surprisingly high-scoring games and the trend might continue the way the Eastern Conference final is going.

The series is tied 1-1 and the teams have combined for 18 goals.

That kind of offence seemed unlikely heading into the matchup featuring the top-two playoff goalies this season. The Lightning's Dwayne Roloson and the Bruins' Tim Thomas both allowed an average of two goals a game through the opening two playoff rounds.

"They're all-star players, and they're players that are top-notch players in the league," Roloson said yesterday. "The guys we have on our team and the guys they have on their team, there's going to be times when you can't contain them. They're gifted players, so they're going to take advantage of the chances that they get."

Lightning centre Steven Stamkos agrees.

"You got two teams that know how to score goals," he said. "I think both teams would agree that it was, some of the goals you'd like to have back as a team, and by no means was there really any fault on the goaltenders."

Still, Roloson made a number of outstanding saves during Tampa Bay's Game 1 victory, while Thomas came up big late in Boston's 6-5 win in the second game on Tuesday night.

"I saw him in the third, the last five, six minutes we had a lot of grade-A chances," Lightning captain Vincent Lecavalier said of Thomas. "He gave them the win there the last five minutes. We really felt we would tie it up, and we were getting our chances, but he made some huge saves." THE ASSOCIATED PRESS



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Poor play can't dim Tiger's star power

For his golf, Tiger Woods is about to fall out of the top 10 in the world for the first time in 14 years. For his star power, he still ranks ahead of any other athlete.

Woods, whose last win came 18 months ago at the Australian Masters, will drop to at least No. 11 in the next world ranking published Monday. It will be the first time he is out of the top 10 since he was No. 13 on April 6, 1997, the week before he won the Masters for the first time.

Woods, meanwhile, says he's still the No. 1 celebrity in the sports world.

Woods checks in at No. 6 on Forbes' annual "Celebrity 100" list of the most



► Tiger Woods

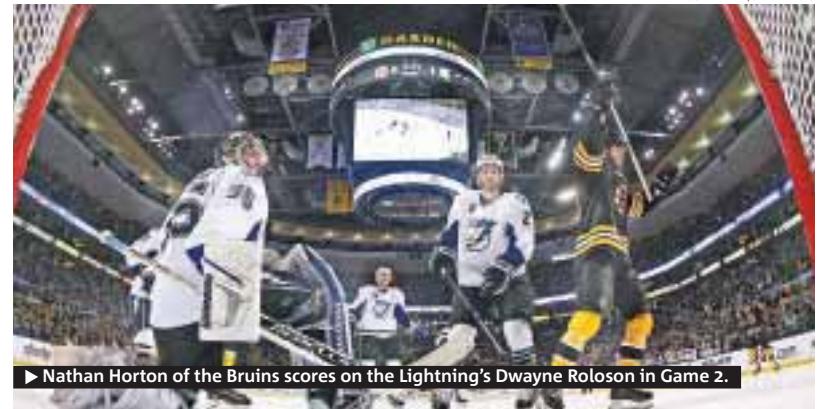
powerful people or groups in the entertainment business. Lady Gaga tops the overall rankings, followed by Oprah Winfrey, Justin Bieber, U2 and Elton John. Miami Heat star LeBron James is the second-ranked athlete behind Woods at No. 10. Kobe Bryant of the Los Angeles Lakers is 14th.

Forbes estimated Woods' total earnings last year to be \$75 million US, making him the highest-paid athlete. The magazine put Bryant's earnings for the last 12 months at \$53 million, followed by James at \$48 million and four-time major winner Phil Mickelson at \$47 million.

Woods started the year at No. 2 and has been steadily dropping points. He tied for fourth at the Masters last month, but withdrew from The Players Championship last week because of injuries. He said on his website Monday that he will try to return in June for the U.S. Open.

THE ASSOCIATED PRESS

BRUCE BENNETT/GETTY IMAGES



► Nathan Horton of the Bruins scores on the Lightning's Dwayne Roloson in Game 2.

Thunder coach baffled by Nowitzki

Over his 14 seasons in the NBA, Dirk Nowitzki says he's seen pretty much every defence possible.

Well, Thunder coach Scott Brooks is tempted to try the ultimate gamble — the invisible defender.

That's right, nobody. Maybe just someone shouting, "Boo!" or "Don't miss!" whenever Nowitzki loads up to shoot in Game 2 of the Western Conference final tonight.

Brooks was joking yesterday when he suggested not guarding Nowitzki. He was still awed and frustrated after the big German made 12-of-15 field goals and set a playoff record by hitting all 24 of his free throws on his way to 48 points in Game 1.

"There were nine shots that he made, no matter what you did, you couldn't have guarded him any better," Brooks said. "We put everybody on him ... The only thing we didn't do was not guard him."

"Maybe (tonight), if we want to do something different, we don't challenge him. We play a zone and let him go free."

Nowitzki figures the Thunder will try something different in Game 2.

"I'm going to try to attack like I always do," he said. "If it's not there, I can swing it, pick and roll. We've got a lot of options out there. We have a deep bench. So I don't feel the pressure to force shots, and that's the good thing about this team."

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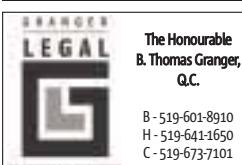
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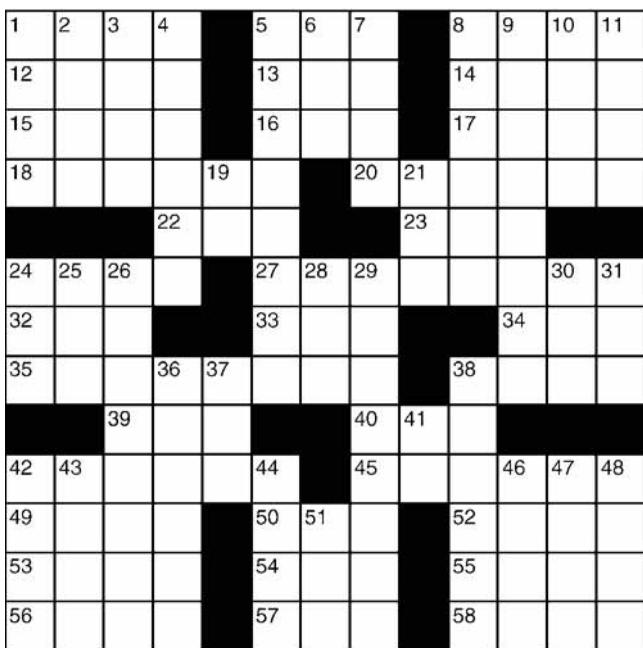
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Crossword

Across

1 Door handle
5 Pigeon's remark
8 Wound cover
12 Modern-day money
13 That guy
14 Collins or Donahue
15 First place
16 "The Greatest"
17 Stow cargo
18 Landlord
20 In layers
22 Blackbird
23 Shell game need
24 Start of the XIIIth century
27 Backed, as a motion
32 Cheery word?
33 — jongg
34 Gabor or Longoria
35 Severe injuries
38 Worked with
39 Genetic matter
40 Decay
42 Puts up
45 Reactions to a pun
49 Lotion additive
50 Shelter
52 — moss
53 Picnic invaders
54 Bobby of hockey
55 Greek vowel
56 Glas-wegian gal
57 Petrol
58 Unsigned (Abbr.)



6 Lubricant
7 Skip over
8 Ill will
9 Party game
10 Staffer
11 Evidenced a pinprick
19 Operating
21 Wall St. debut
24 "The A-Team" actor
25 Auto
26 — of Fire"
28 Consume
29 San Diego squad
30 First lady?
31 Old man
36 If not

Down

1 Ship's spine
2 Undressed
3 Raw rocks
4 Dwarfed potted plant
5 Special appeal

► Yesterday's answer



For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You can't stand people who enjoy making drama out of a crisis. Stay calm.

♉ Taurus April 21-May 21 If there's something you need to do, get on with it now.

♊ Gemini May 22-June 21 Look ahead and think of ways you can turn the tables on those who have given you a hard time in recent weeks. Don't be nasty though.

♋ Cancer June 22-July 22 You'll take the opposing view to what everyone believes today. Have your reasons ready so you can explain.

♌ Leo July 23-Aug. 23 The pressure is piling up but as a Leo, you're strong enough to take it.

♍ Virgo Aug. 24- Sept. 22 A friend will say something about you today that is less than flattering. Find out why he or she said it.

♎ Libra Sept. 23-Oct. 23 This may be a frustrating time, but cheer up. You've got so much to look forward to.

♏ Scorpio Oct. 24-Nov. 22 If someone gets the impression you are easily manipulated, he or she may try to cheat you later on.

♐ Sagittarius Nov. 23-Dec. 21 Today, you'll become convinced it's time to give up on something that clearly isn't doing you much good.

♑ Capricorn Dec. 22-Jan. 20 Over the next 24 hours your default position should be that everyone is lying. Can't be too careful.

♒ Aquarius Jan. 21-Feb. 18 You will have to put a project on hold today. Come back to it later.

♓ Pisces Feb. 19-March 20 Make sure you relax and replenish your energy. The next few days will be busy. ☺ SALLY BROMPTON

Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►



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Laurie, Be at peace. Know that even though we are apart you are in my prayers and thoughts. With God you are never alone. ME

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Today's horoscope



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Dealer may sell or lease for less. Limited time offers. Offers may be cancelled at any time without notice. See your Ford Dealer for complete details or call the Ford Customer Relationship Centre at 1-800-565-5267. * Purchases a new 2011 F-150 SuperCab XLT 4x2/4x4 Ranger SuperCab Sport 4x2/4x4 Ranger. Manufacturer Rebate of \$6,500/46,000 and Eligible Costco Incentive of (\$1000/CS) deducted. Taxes payable on full amount of purchase price. Ford APR purchase financing on new 2011 Ford F-150 (excluding SE). Ford F-150 (excluding SE) has a Manufacturer's Suggested Retail Price of \$25,479/419,479/729 after Tax. Taxes (excluding SE) on purchase price are based on Manufacturer's Suggested Retail Price. A. Receive 0% APR purchase financing on new 2011 Ford F-150 (excluding SE) for 36 months at \$100,000/150,000/200,000/240,000/280,000/320,000/360,000/400,000/440,000/480,000/520,000/560,000/600,000/640,000/680,000/720,000/760,000/800,000/840,000/880,000/920,000/960,000/1000,000/1040,000/1080,000/1120,000/1160,000/1200,000/1240,000/1280,000/1320,000/1360,000/1400,000/1440,000/1480,000/1520,000/1560,000/1600,000/1640,000/1680,000/1720,000/1760,000/1800,000/1840,000/1880,000/1920,000/1960,000/2000,000/2040,000/2080,000/2120,000/2160,000/2200,000/2240,000/2280,000/2320,000/2360,000/2400,000/2440,000/2480,000/2520,000/2560,000/2600,000/2640,000/2680,000/2720,000/2760,000/2800,000/2840,000/2880,000/2920,000/2960,000/3000,000/3040,000/3080,000/3120,000/3160,000/3200,000/3240,000/3280,000/3320,000/3360,000/3400,000/3440,000/3480,000/3520,000/3560,000/3600,000/3640,000/3680,000/3720,000/3760,000/3800,000/3840,000/3880,000/3920,000/3960,000/4000,000/4040,000/4080,000/4120,000/4160,000/4200,000/4240,000/4280,000/4320,000/4360,000/4400,000/4440,000/4480,000/4520,000/4560,000/4600,000/4640,000/4680,000/4720,000/4760,000/4800,000/4840,000/4880,000/4920,000/4960,000/5000,000/5040,000/5080,000/5120,000/5160,000/5200,000/5240,000/5280,000/5320,000/5360,000/5400,000/5440,000/5480,000/5520,000/5560,000/5600,000/5640,000/5680,000/5720,000/5760,000/5800,000/5840,000/5880,000/5920,000/5960,000/6000,000/6040,000/6080,000/6120,000/6160,000/6200,000/6240,000/6280,000/6320,000/6360,000/6400,000/6440,000/6480,000/6520,000/6560,000/6600,000/6640,000/6680,000/6720,000/6760,000/6800,000/6840,000/6880,000/6920,000/6960,000/7000,000/7040,000/7080,000/7120,000/7160,000/7200,000/7240,000/7280,000/7320,000/7360,000/7400,000/7440,000/7480,000/7520,000/7560,000/7600,000/7640,000/7680,000/7720,000/7760,000/7800,000/7840,000/7880,000/7920,000/7960,000/8000,000/8040,000/8080,000/8120,000/8160,000/8200,000/8240,000/8280,000/8320,000/8360,000/8400,000/8440,000/8480,000/8520,000/8560,000/8600,000/8640,000/8680,000/8720,000/8760,000/8800,000/8840,000/8880,000/8920,000/8960,000/9000,000/9040,000/9080,000/9120,000/9160,000/9200,000/9240,000/9280,000/9320,000/9360,000/9400,000/9440,000/9480,000/9520,000/9560,000/9600,000/9640,000/9680,000/9720,000/9760,000/9800,000/9840,000/9880,000/9920,000/9960,000/10000,000/10040,000/10080,000/10120,000/10160,000/10200,000/10240,000/10280,000/10320,000/10360,000/10400,000/10440,000/10480,000/10520,000/10560,000/10600,000/10640,000/10680,000/10720,000/10760,000/10800,000/10840,000/10880,000/10920,000/10960,000/11000,000/11040,000/11080,000/11120,000/11160,000/11200,000/11240,000/11280,000/11320,000/11360,000/11400,000/11440,000/11480,000/11520,000/11560,000/11600,000/11640,000/11680,000/11720,000/11760,000/11800,000/11840,000/11880,000/11920,000/11960,000/12000,000/12040,000/12080,000/12120,000/12160,000/12200,000/12240,000/12280,000/12320,000/12360,000/12400,000/12440,000/12480,000/12520,000/12560,000/12600,000/12640,000/12680,000/12720,000/12760,000/12800,000/12840,000/12880,000/12920,000/12960,000/13000,000/13040,000/13080,000/13120,000/13160,000/13200,000/13240,000/13280,000/13320,000/13360,000/13400,000/13440,000/13480,000/13520,000/13560,000/13600,000/13640,000/13680,000/13720,000/13760,000/13800,000/13840,000/13880,000/13920,000/13960,000/14000,000/14040,000/14080,000/14120,000/14160,000/14200,000/14240,000/14280,000/14320,000/14360,000/14400,000/14440,000/14480,000/14520,000/14560,000/14600,000/14640,000/14680,000/14720,000/14760,000/14800,000/14840,000/14880,000/14920,000/14960,000/15000,000/15040,000/15080,000/15120,000/15160,000/15200,000/15240,000/15280,000/15320,000/15360,000/15400,000/15440,000/15480,000/15520,000/15560,000/15600,000/15640,000/15680,000/15720,000/15760,000/15800,000/15840,000/15880,000/15920,000/15960,000/16000,000/16040,000/16080,000/16120,000/16160,000/16200,000/16240,000/16280,000/16320,000/16360,000/16400,000/16440,000/16480,000/16520,000/16560,000/16600,000/16640,000/16680,000/16720,000/16760,000/16800,000/16840,000/16880,000/16920,000/16960,000/17000,000/17040,000/17080,000/17120,000/17160,000/17200,000/17240,000/17280,000/17320,000/17360,000/17400,000/17440,000/17480,000/17520,000/17560,000/17600,000/17640,000/17680,000/17720,000/17760,000/17800,000/17840,000/17880,000/17920,000/17960,000/18000,000/18040,000/18080,000/18120,000/18160,000/18200,000/18240,000/18280,000/18320,000/18360,000/18400,000/18440,000/18480,000/18520,000/18560,000/18600,000/18640,000/18680,000/18720,000/18760,000/18800,000/18840,000/18880,000/18920,000/18960,000/19000,000/19040,000/19080,000/19120,000/19160,000/19200,000/19240,000/19280,000/19320,000/19360,000/19400,000/19440,000/19480,000/19520,000/19560,000/19600,000/19640,000/19680,000/19720,000/19760,000/19800,000/19840,000/19880,000/19920,000/19960,000/20000,000/20040,000/20080,000/20120,000/20160,000/20200,000/20240,000/20280,000/20320,000/20360,000/20400,000/20440,000/20480,000/20520,000/20560,000/20600,000/20640,000/20680,000/20720,000/20760,000/20800,000/20840,000/20880,000/20920,000/20960,000/21000,000/21040,000/21080,000/21120,000/21160,0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